

# Herald Scoreboard

## CENTRAL ONTARIO JUNIOR "B" STANDINGS

TEAM	GP	W	L	T	PTS
Streetsville	17	14	2	1	29
Barrie	17	12	2	3	27
Oakville	15	10	3	2	22
Milton	15	7	8	0	14
Burlington	15	6	7	2	14
Mimico	15	4	10	1	9
Georgetown	15	4	11	0	8
Thornhill	12	3	8	1	7
Acton	13	2	11	0	4

### SCHEDULED GAMES

FRIDAY, NOVEMBER 18, 1983  
 Barrie at Acton — 8:00  
 Milton at Oakville — 8:00  
 Mimico at Georgetown — 8:30  
 Thornhill at Burlington — 8:00  
 SATURDAY, NOVEMBER 19  
 Oakville at Burlington — 8:30  
 Acton at Georgetown — 7:30  
 Streetsville at Mimico — 7:00  
 Milton at Thornhill — 8:30

## CENTRAL ONTARIO JUNIOR "B" SCORING

	GP	G	A	PTS	PIM
1. Chris Norton (Oakv.)	15	16	14	30	28
2. Craig Chumley (Oakv.)	15	15	13	28	40
3. John Chadala (Street)	16	15	13	28	10
4. Chris Morillaro (Street)	15	14	13	27	41
5. Andy Dryden (Oakv.)	14	10	15	25	11
19. Bill Bathgate (Geo)	9	9	8	17	27

## ONTARIO SENIOR A HOCKEY LEAGUE STATISTICS — NOVEMBER 14, 1983

	GP	W	L	T	PTS
Cambridge	14	13	1	0	26
Georgetown	10	7	2	1	15
Chatham	10	7	3	0	14
Dundas-Ham.	11	7	4	0	14
Petrolia	9	6	3	0	12
Collingwood	9	5	3	1	11
Flamboro	8	3	5	0	6
Barrie	15	3	12	0	6
Stratford	10	2	8	0	4
Woodstock	12	0	12	0	0

### SCORING LEADERS

	G	A	P
Brian Schnurr - CA	12	18	30
Robb Wilson - DH	11	19	30
Russ Elliott - CA	6	23	29
Brian Cross - CA	14	14	28
John Vandergriend - CA	11	15	26
Tom Colley - CO	11	14	25
Al Figgins - CH	8	17	25
Paul Gallagher - G	15	9	24

## GMHA

### MINOR ATOM

Thruway Muffler 3  
 Goals: Shawn Curry, Stephen Lacroix, Ryan Kurnell.

Assists: Shawn Curry.  
 Comments: Good hard fought game. The margin of victory gained by Thruway's successful penalty shot. This game saw two penalty shots - Depco's was unsuccessful.

Depco Metals 2  
 Goals: Mark Aldridge, Joe Stephens.  
 Assists: Daryl Stansfield, David Bouaskill, Stephen Onoprijenko.

Curwood Packaging 5  
 Goals: Ryan Scott, Derek Ellard 2, Brad Cuthbert 2.

Assists: Greg Stansfield, Paul Gogan, Kevin Shaw, Mark Coe.  
 Comments: Very good game. Curwood's victory, sparked by new team member Brad Cuthbert's two goals and good two was play.

Varian Canada 1  
 Goal: Billy McNally.  
 Assist: Greg Baldwin.

### MAJOR ATOM

Chicken Villa 6  
 Goals: Brad Grey, Peter Gombos 3, Dave Himpfpreys, Mark McIntyre.

Assists: Hussy Santagar 2, Jim Ashenhurst, Dave Himpfpreys, Eric Bradbury 3, Peter Gombos 2, Mark McIntyre.

Harvey's Firestone 5  
 Goals: Stephen Birtley, Adam Money Penny, Adrian Pusiak, Rob Elmslie, Chris Burns.  
 Assists: Rob Elmslie 2, Chris Burns, Chris Adams 2, Jeff Saunders.

Kinsmen Club 7  
 Goals: Kevin Tanas 5, Claude Johnston, Lorne Brown.

Assists: Grant Domski 5, Shane Cowbrough, Claude Johnston, John Manning 2, Robert Walker.

Mr. Donut 4  
 Goals: Marcus Wittich 2, Donnie Ramond, Paul Lalonde.  
 Assists: Pat Curcio, Paul Lalonde, Mike Burbina.

## Runners can avoid hamstringing injury by warming up first

Running has become one of the most popular fitness and recreational activities today. But in an attempt to achieve an optimum fitness

level, runners risk injury to their legs, especially without proper conditioning and warm-up. A relatively common in-

jury among older runners, even those in good condition, is the strained muscle in the hamstring area (at the back of the leg and knee).

The athlete who experiences a hamstring injury will often describe jogging along, feeling a sudden snap in the back of the leg and then

experiencing a sharp, excruciating pain. Days later, the sufferer can walk, but with an awkward gait.

# Christmas Recipes



TO WIN YOU HAVE TO ENTER THIS IS HOW:

Choose your favourite holiday recipe, whether it's a main course, dessert or hors d'oeuvres. Then drop a copy of it, with your name and address or mail to:

HOLIDAY COOKBOOK RECIPES  
 c/o THE HALTON HILLS HERALD  
 45 Guelph Street  
 Georgetown, Ontario  
 L7G 3Z6

Deadline For Entries Is Wednesday, December 7th, 1983

# WIN \$150<sup>00</sup>

When you send your favourite recipe to be published in the Herald's Annual Christmas Cookbook you will also be entering our contest to win \$150.00.

1st PRIZE: \$100.00 - 2nd PRIZE: \$30.00 - 3rd PRIZE: \$20.00

### RULES:

The Herald reserves the right to publish all recipes and once published they become the property of the Herald. Staff members and their immediate family are not eligible to enter. Winners will be published in the Christmas Cookbook '83.

Mrs. Wilson, Home Economics teacher at Georgetown District High School will be the judge and will have the final decision.

# the HERALD

Home Newspaper of Halton Hills - Established 1866

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